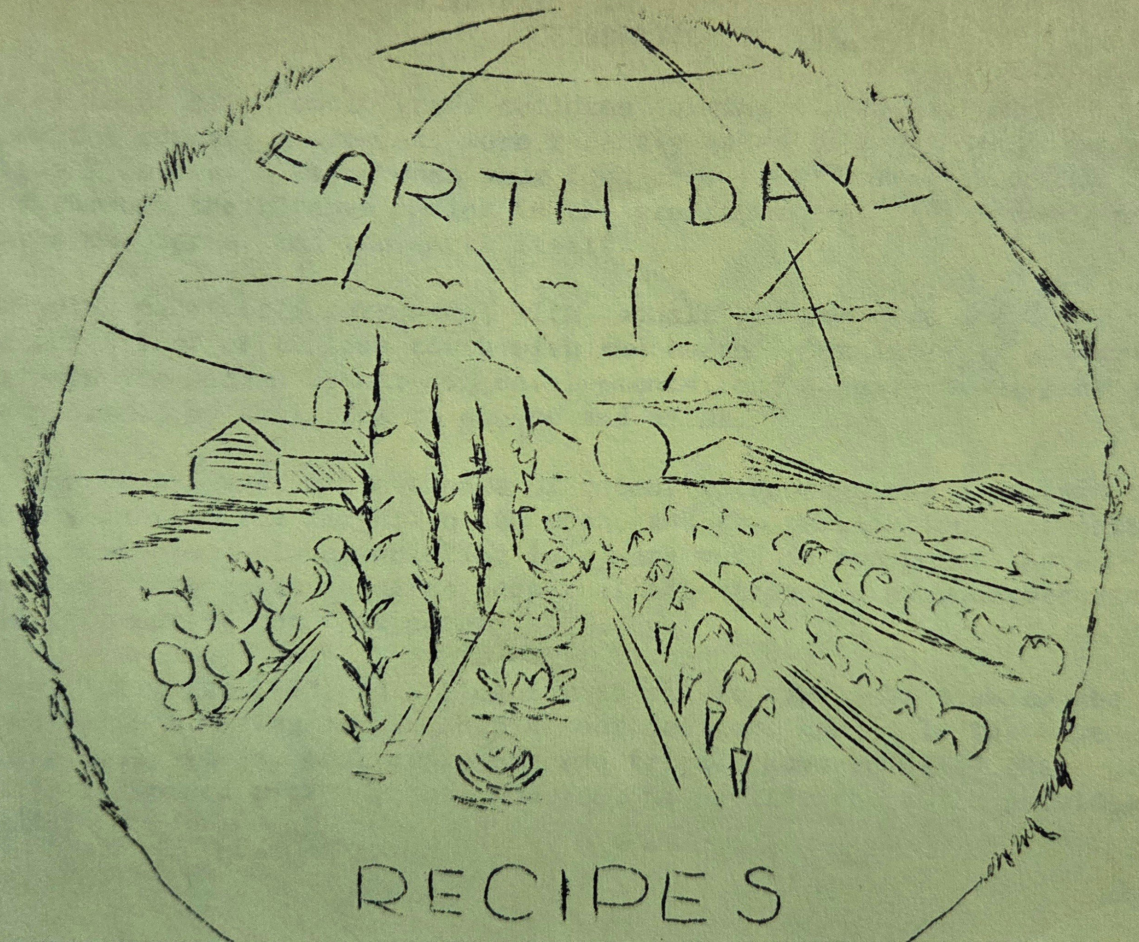
EARTH DAY
RECIPES

EARTH DAY . . .
CELEBRATION OF LIFE

A class of inner city fourth grade children, during a national park environmental education program, were recently asked to trace their lunch to its original source. "Where does your food come from?" More than half linked the food through the kitchen ending in the grocery store; only a few continued on to gardens, farms, and the earth itself.

In this quick pace world surrounded with asphalt and concrete creations, it is easy for all of us to lose touch with the earth. Our links to natural environments are hidden by our own developments, and a sense of harmony and oneness replaced by abilities to subdue and alter.

Perhaps one of the best achievements of recent technology was a picture of the earth seen from the flight to the moon, and the realization that this beautiful blue-green planet whirling in a dark void is our home. As a fragile jewel, the earth requires perpetual attention and an understanding that all life depends on this care.

Earth Day, April 22, 1980, is a time for us all to renew our ties to the earth and begin a caring stewardship of our delicate home. In the hope of continuing those ideas, park employees and friends have compiled these garden recipes to celebrate everyday this nourishment of life the earth provides. ENJOY!!!!

GREEN BEANS AU GRATIN

4 TBS butter
1 tsp salt
1 1/2 C milk
3 C green beans (fresh, frozen, canned)
Parmesan cheese
4 TBS flour
1/8 tsp. dry mustard
1/2 C diced cheese
paprika

Melt butter, add flour, salt and mustard. Cook over low heat till bubbly. Add milk slowly and cook until thick and smooth. Add cheese and stir until melted. Add beans cooked in salt water until just underdone. Pour into buttered casserole dish, sprinkle with parmesan cheese and paprika. Bake at 350° for 30 minutes.

* Potatoes, cubed and cooked in salted water until tender may be substituted for the green beans

Faye Norris
Roseville Club

BROCCOLI CASSEROLE

Cook two packages of chopped broccoli. Drain. Add 2 eggs beaten well, one cup mayonnaise, two tablespoons minced onion, once cup grated sharp cheese, one can of cream of celery soup, salt and pepper to taste. Cover with butter bread crumbs and bake at 350° for 35 minutes.

Lottie Monroe
Cave City, KY

COOL-AS-A-CUMCUMBER SALAD

1 pkg. lime flavored gelatin
3/4 C hot water
1/4 C lemon juice
1 C sour cream
1 C chopped unpared cucumber
1 C cottage cheese
1/2 C nuts

Dissolve gelatin in hot water. Add lemon juice. Chill until partially set. Stir in remaining ingredients. Pour into individual molds and chill until firm.

Mrs. Anna Spillman
Etoile Club

FROZEN COLE SLAW

2 medium heads of cabbage
4 medium size onions
3 green peppers
1 qt. cider vinegar
1/4 cup salt or less
4 cups sugar

Shread cabbage, chop peppers and onions. Heat sugar, salt and vinegar. Cool them. Pour over cabbage mixture and freeze.

Maude Hunter
Cave City, KY

FRENCH FRIED CAULIFLOWER

Cook cauliflower in salt water until tender. Beat 2 eggs, dip cauliflower in beaten eggs, roll in cracker crumbs. Let set 5 min. after rolling in crumbs. Drop in hot fat 375°. Fry until brown.

Mrs. Ben Houchens
Rocky Hill Haywood Club

CORN PUDDING

2 C corn (fresh or canned)
2 Tbs butter or margarine
1 C rich milk
2 Tbs. sugar
2 Tbs. flour
2 whole eggs
1 tsp. salt
1 tsp. baking powder

Beat eggs well. Add all dry ingredients, well mixed. Add baking powder and milk, mix well, pour into well greased casserole and bake at 350° for about 45 minutes, or set.

Mrs. Mitchell Davis
Temple Hill Club

SQUASH BLOSSOMS

Dip squash blossoms in flour and fry in grease until brown.

Robba Saltsman
Cub Run, KY

FRIED GREEN TOMATOES

Pick and slice green tomatoes
Corn meal
Salt and pepper

Roll tomatoes in corn meal, salt and pepper in a thin layer. Cook in small amount of cooking grease until brown or until done. Serve immediately.

* Instead of tomatoes, fresh cucumbers can be used instead.

Nancye Saltsman
Bee Springs, KY

MARINATED CARROTS

2lbs. carrots
1 tsp. salt
1/2 tsp. pepper
1 can tomato soup
1 C oil
1 C. sugar
3/4 C. vinegar
1 onion
1 green pepper

Slice carrots and cook until slightly crisp. Do not overcook. Cool. Put salt and pepper, tomato soup, oil, sugar, and vinegar in blender. Beat 5 minutes. Pour over carrots. Add onions and green pepper sliced paper thin.

Ardis Rogers
Brownsville, KY

BLACKBERRY CAKE

2 C. sugar
1 C butter (or other shortening)
3 eggs
3 1/2 C flour (self-rising), or if not,
3 tsp. baking powder
1 C blackberry juice
1 tsp. cinnamon
1 tsp. nutmeg
1 tsp. cloves
1 tsp. allspice
3 tsp. chocolate
1 C blackberries

Cream sugar and butter and add eggs. Mix all dry ingredients together. Stir in juice and blackberries. Bake at 350°

Icing:

1 1/2 C boiling water
1 C cake dough
1 1/2 C sugar

Cook until thick.

Novella T. Wininger
Barren Co. Extension Agent

ZUCCHINI BREAD

3 eggs
2 C sugar
1 C oil
1 TBS vanilla
2 C grated zucchini
(wash and leave peeling on)

2 C flour
1 TBS cinnamon
2 tsp. baking soda
1/4 tsp. baking powder
1 C chopped nuts (opt.)
1 tsp. salt

Beat eggs until frothy. Beat in sugar, oil and vanilla. Beat until lemon colored. Stir in zucchini and flour that has been sifted with the cinnamon, baking soda, salt, and baking powder. Add nuts, pour into 2 greased and floured pans. Bake at 350°. Loaf pans 9 x 5 in., time 1 hour.

JAM CAKE

1 C butter
5 large eggs
2 C stiff blackberry jam
1 box seeded raisins
4 C cake flour
2 tsp. soda
1 tsp. cinnamon
1 tsp cloves
1 tsp allspice
1 tsp. nutmeg
2 C white sugar
1 C buttermilk (must be thick and sour)

Cream butter and sugar. Beat eggs until light and add to butter and sugar. Beat well. Sift spices and soda in flour. Mix jam and flour, add alternately with buttermilk to creamed mixture. Beat after each addition. This makes a four layer cake.

CARAMEL ICING

3 pounds light brown sugar (tightly packed)
2 TBS white karo syrup
1 TBS butter
1 1/2 C rich sweet milk

Dissolve well before putting on stove. Cook until a soft ball is formed and beat until creamy and spread.

Mrs. Henry Steen
North Jackson Club

RHUBARB COBBLER

2 1/2 C rhubarb
1 C sugar
1 C water
butter

1 1/2 C flour
1 egg
1/4 C dry milk
1/2 C oil or butter
1/2 C sugar
water

Wash rhubarb, cut into little pieces. Place cut rhubarb, 1 cup water, 1 cup sugar in stew pot. Cook till tender. Place dabs of butter in the bottom of a long baking dish, pour half of cooked rhubarb into dish.

In separate bowl mix flour, egg, dry milk, cooking oil (or butter), sugar, and enough water so mixture comes out in small dabs. Place dabs of mixture in baking dish. Pour rest of cooked rhubarb on top.

Bake at 325° for 35-45 minutes. Can also use strawberries or blackberries. Good served with ice cream.

Helen Philips
Cosby, Tenn.

SWEET POTATO PIE

1 C cooked mashed sweet potatoes
1/3 C butter, melted
2 eggs beaten
1/3 C milk or half and half
1/2 tsp baking powder
1 tsp ground nutmeg
pinch salt
1 tsp pure vanilla extract
1 C sugar or less if desired
1 unbaked 9-inch pie shell

Combine sweet potatoes with all ingredients except pie shell, blending well with electric mixer (or hand mix, using wooden spoon). Pour into pie shell. Bake in preheated 400° F oven about 30 minutes, or until golden and puffy. Serve alone or topped with sweetened whipped cream. Makes one 9-inch pie.

Arelene Skaggs
Chalybeate Homemakers Club

STRAWBERRY PIE

1 qt. strawberries
1 9 in. pie shell
1 3 oz. box strawberry jello
1 1/2 C sugar
4 1/2 TBS cornstarch
2 C cold water

Wash strawberries and drain on paper towels. Mix sugar, cornstarch, and cold water; then boil until thick and clear. Take off stove and add strawberry jello and a little red food coloring. When cool, gently add strawberries. Pour mixture into a cool baked pie crust. Chill pie until firm. Keep chilled until ready to serve. Serve with whip cream if desired.

Connie Hudson
Mammoth Cave, KY